



# August 2010 Happenings



Unless noted, all events are held at the Northampton Senior Center, 67 Conz Street 587-1228

## Tuesday Afternoon Movies



1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 1 p.m.  
Starting Tuesday, August 3.  
Movie, popcorn & drinks.  
Free. Open to all seniors.

Every Tuesday	9:30-10:45 a.m.
Every Friday	1:30-4 p.m.
Aug. 1-31	8:30 a.m.-4:30 p.m.
Aug. 1-2	all day
Mon., Aug. 2 & 16	1-4 p.m.
Tues., Aug. 3	10 a.m.-12 p.m.
Tues., Aug. 3	1 p.m.
Tues., Aug. 3 & 17	10 a.m.-12:30 p.m.
Thurs., Aug. 5 & 19	2-3:30 p.m.
Fri., Aug. 6	10-11 a.m.
Fri., Aug. 6	2 p.m.
Tues., Aug. 10	3:30-4:30 p.m.
Tues., Aug. 10	1 p.m.
Wed., Aug. 11	1:30 p.m.
Sat., Aug. 14	8:30 a.m.
Sun., Aug. 15	2-3 p.m.
Mon., Aug. 16	1 p.m.
Tues., Aug. 17	1 p.m.
Tues., Aug. 17	9:30 a.m.-1 p.m.
Thurs., Aug. 26	9 a.m.- 6 p.m.
Sat., Aug. 28	7:30-10 p.m.
Tues., Aug. 31	10-11 a.m.

## Veterans Services Agent

1<sup>st</sup> & 3<sup>rd</sup> Thursday, 2-3:30 p.m.  
Office hours with Steve  
Connor starting Aug. 5.  
Walk in or by appointment.



## Come dance! Come listen!

Dance at the Senior Center  
Saturday Aug. 28, 7:30-10 p.m.  
Open to everyone ♦ Pay at the door  
\$7/person ♦ Light refreshments



**Cup of Conversation:** Enjoy a complimentary cup of coffee or tea.

**SHINE:** Health insurance counseling for seniors. Free. By appointment.

**Art Exhibit:** Nature photography and oils by Dennis M. Burke, Sandra L. Burke and Williams Parsons. No charge. Open to everyone.

**Cape Cod & Boston Pops:** Two-day trip to Hyannisport, Cape Cod. Fee.

**Massage Clinic:** Hands-On Elders offers bodywork and massages for Northampton seniors and their caregivers, Fee: \$10. Appointments required.

**Blood Pressure Clinic:** Free. Walk-ins welcome. Open to all seniors.

**Tuesday Afternoon Movie:** "The Blind Side" starring Sandra Bullock. Popcorn and drinks served. Free. Open to all seniors.

**PVTA Photo IDs:** For disabled and senior citizens with documentation. \$1.

**Veterans Services:** Office hours with Northampton Veterans' Agent Steve Connor. Walk-ins welcome or by appointment.

**Brown Bag:** Food for Elders Program. Application required.

**Staged Play Reading:** "The Grapes of Wrath." Open to all. No cost.

**Cruise Informational Meeting:** Learn about our May 8 Bermuda Cruise. Light refreshments served. Free and open to everyone. Please register.

**Music of Yesteryear:** Listen to music on a wind-up phonograph. Free. Open to all.

**Cookbook Meeting:** Meet to discuss the Senior Center Cookbook fundraiser. Recipe forms at the front desk. Recipe deadline is Friday, Aug. 6.

**Tanglewood:** Rehearsal for music from "An American in Paris." Leave from the Senior Center. \$15 transportation fee, \$17 entrance fee. Must pre-register.

**Community Concert:** Featuring music by the Jack Kowal Swing Band. Free. The community is invited to attend. Donations are welcome.

**Laugh for No Reason:** Laughter exercises with Trevor Smith. Free.

**Tuesday Afternoon Movie:** "Invictus" starring Morgan Freeman. Free.

**Foot Clinic:** With Dr. Michael Coby. Appointments are required. Fee: \$25.

**Rockwell Museum & Stockbridge:** Day trip. \$46/person. Must pre-register.

**Monthly Dance:** Open to all ages. \$7 at the door.

**Young at Any Age:** Learn about foods that can help slow aging. Presented by Nancy Dell of News 22. Free and open to everyone. Please pre-register.

## Senior Center Bistro

Serving light lunch fare  
11:30 a.m.-1 p.m., Wed.-Fri.  
Opening on  
Wed., Sept. 8



**Drop-In Group  
for Senior Gay Men**  
Fridays, 1-2:30 p.m.,  
starting Sept. 10. No Fee.

## Grandparents Celebration

Sunday, Sept. 12, at 1 p.m.  
Free games galore and  
light refreshments for  
Northampton seniors  
and their grandchildren.



## Community Tag Sale

Saturday, Sept. 25, 9am-2pm  
Sell unwanted items &  
support the Senior  
Center by renting space.  
Call 587-1226.

